

MANTLES

RESTAURANT | LOUNGE

Mornings 7am-11am

Buffet

Deluxe Continental Buffet \$16

A full continental pantry selection of hot & cold cereals, fresh fruit, oven baked pastries, deli meats, cheese and coffee or tea.

Delta Sun Peaks Breakfast Market \$19

Our Deluxe Continental Buffet with the addition of the Farm Fresh Omelet station, smoked bacon, pork sausage, country hash browns and daily creations.

EGGS

Mantles Omelet \$14

Two free range eggs with your choice of three fillings; honey cured ham, red peppers, mushrooms, cheddar, Swiss or feta cheese, smoked salmon, salsa, tomatoes or green onions. Served with roasted tomato, country style hash browns and your choice of toast.
Extra fillings \$1.00

Thompson River Skillet \$14

Two free range eggs over easy on our famous country hash browns with sausage, bacon, cheddar cheese, tomatoes and green onions.

Classic Eggs Benedict \$16

Two poached free range eggs, toasted English muffin, grilled Canadian bacon and hollandaise. Served with roasted tomato and country style hash browns.
Substitute Smoked Salmon \$2.00

Canadian Classic \$14

Two free range eggs any style, country style hash browns, roasted tomato, toast and your choice of honey cured ham, smoked bacon, pork or local beef breakfast sausages.

Heart Smart \$12

Poached free range eggs with pink grapefruit sections and multi grain toast.

HEALTHY OPTIONS

Hot Cereal \$7.00

Red River or traditional large flake Irish oatmeal with cinnamon, brown sugar and fresh fruit.

Healthy Start \$9.00

A bowl of Special K or Honey Almond Granola, topped with yogurt, berries and wildflower honey. Served with whole wheat toast.

GRIDDLE

Mountain Waffle \$13

Your choice of regular or multigrain Belgian style waffle loaded with a mountain of seasonal fruit and topped with whipped cream. Served with honey cured ham, smoked bacon, pork or local beef breakfast sausages.

Buttermilk Pancakes \$13

Triple stack pancakes with Mountain berry compote and Quebec maple syrup. Served with your choice of honey cured ham, smoked bacon, pork or local beef breakfast sausages.

Alpine French Toast \$13

Thick cut 9 grain bread with cinnamon spiked egg batter. Garnished with Quebec maple syrup and fresh fruit. Served with your choice of honey cured ham, smoked bacon, pork or local beef breakfast sausages.